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**PT. SINKO PRIMA ALLOY**

Alamat : Jl. Tambak Osowilangun Permai No. 61,  
pergudangan osowilangun permai Blok E7-E8,  
Surabaya-Indonesia (60191)

Telepon : 031-7482816

Fax. : 031-7482815

Aftersale (WA) : 0821-4281-7085

Email : [aftersales@elitech.co.id](mailto:aftersales@elitech.co.id)  
[sinkoprime@gmail.com](mailto:sinkoprime@gmail.com)

Website : [www.elitech.id](http://www.elitech.id)

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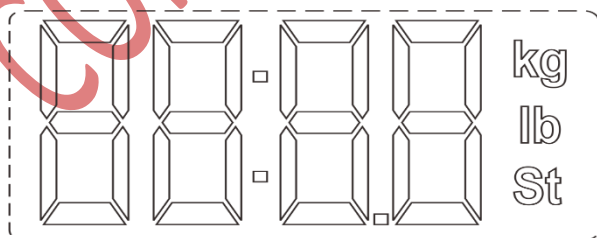
: SPA-BM/PROD-137  
: 08 November 2024  
: 01

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## 1. Specification Parameters

- Battery: 3 x AAA 1.5V
- Screen: 3.6" inch
- Capacity: 150 kg
- Auto-on and auto-off function
- Deviation: 0.1kg / 0.2lb
- Overload indication: Err
- Low battery indication: Lo
- Unit of weight: kg / lb / st
- Bluetooth Auto ON
- Dimensions :310 mm (L) X 310 mm (W) X 27 mm (H)
- Standard Measurement Parameters: Body weight, BMI, Fat content, Bone mass, Muscle mass, Body water content (TBW), Calories (Kcal), Visceral fat, Protein, Obesity, Biological age and LBM.
- Normal use:
  - Temperature :10°C ~ 40°C
  - Humidity: 30%~85%
  - Atmosphere : 800 hPa ~ 1050 hPa
- Storage & Transportation:
  - Temperature: -20°C ~ 40°C
  - Humidity : ≤95%
  - Atmosphere : 800 hPa ~ 1050 hPa

## 2. LCD Reading



### 3. Preparation Before Use

#### 3-1 Insert the battery

This scale operates on 3 X AAA 1.5 V batteries. Open the battery cover on the back of the scale unit, insert the batteries into the battery compartment according to the “+” and “-” polarity symbols on the bottom of the compartment. Replace the battery compartment cover. If the unit is not used for a long period of time, it is recommended to remove the batteries.

#### 3-2 Set the units of measurement

To change the units of measurement, press the UNIT button on the back of the scale to select the units of measurement (kg / lb / st).

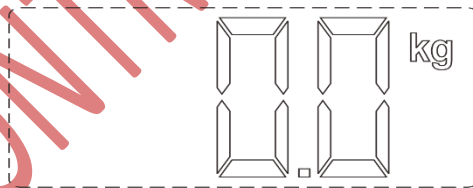
#### 3-3 Set the scale in the correct position

Always use the scale on a flat, hard surface. Do not use on carpet. Carpet or uneven floors may affect the measurement results. To avoid injury, do not step on the scale with wet feet. Do not place the scale on an uneven surface.



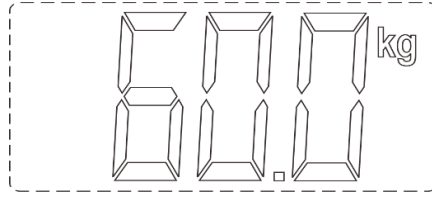
#### 3-4 Preparing the Scales

Press firmly on the scale platform to start the scale. The display shows "0.0 kg" and then turns off. The scale is ready for use.



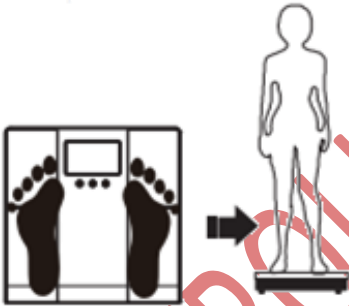
#### Measuring body weight

- 1) Place the scale on a flat, sturdy surface.
- 2) Activate the scale, by pressing the center of the unit.
- 3) Wait a few seconds and when the display shows “0.0”, the scale is ready to use.
- 4) Turn off the scale, the display will continue to show the reading for a few seconds before turning off automatically.



### Value Calculation

The accuracy of the results depends on how the user stands on the scale. Remove socks, position the user's feet with maximum contact on the metal plates of the unit. This ensures the best contact between the feet and the metal contacts. Remain on the scale until the body fat estimation is complete and the results are displayed. Clean and slightly damp feet will give the best results.



**Feet centered on Unit (V)**



**Legs not centered on Unit (X)**

## 4. SAM IoT Application Setup

### 4.1 Download the SAM IoT App



Download Android App

Scan the QR Code above to download and install the APP (Minimum Android 5)

## 4.2 Registration and Sign in

1. Open the SAM IOT application



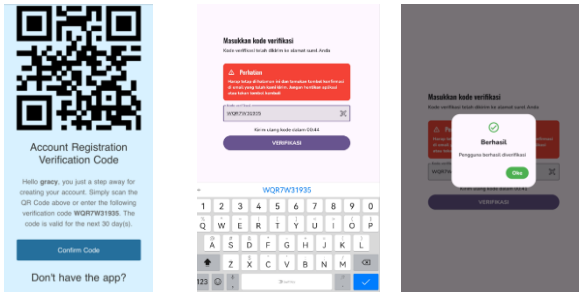
2. If you don't have an account yet, select "Register" first.

The image shows the registration form of the SAM IOT application. The form is titled "Buat akun Anda" (Create your account) and includes fields for "Nama lengkap" (Full name), "Email address", "Password", and "Konfirmasi kata sandi" (Confirm password). There is a checkbox for "Saya telah membaca dan menyetujui untuk berikat dengan Terms of Service dan Privacy Policy" (I have read and agree to be bound by the Terms of Service and Privacy Policy). The "Daftar" (Register) button is at the bottom.

3. Enter your personal details (Full name, Email address, Enter password, Confirm password), after all are filled in, select "Register"

The image shows the registration form of the SAM IOT application with input fields filled. The "Nama lengkap" field contains "gani", the "Email address" field contains "gani@gmail.com", the "Password" field contains "12345678", and the "Konfirmasi kata sandi" field contains "12345678". The "Daftar" button is at the bottom.

4. Check the registered "Email Address" then "Confirm Code" and Enter the "Verification Code" and wait until successful.

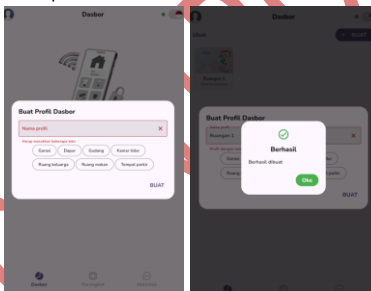


5. Enter the “Email Address and Password” as registered, then select “Login”



#### 4.3 Create a New Dashboard

1. Insert “Dashboard Name” as desired, then select “Create”. Wait until successful and press “OK”



2. The dashboard view that has been created

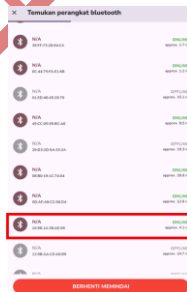




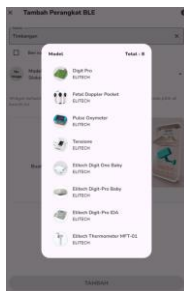
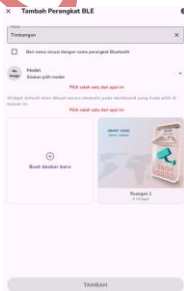
3. Select "Device" then select "Add Device", then select "start search" make sure the scale is in the ON position



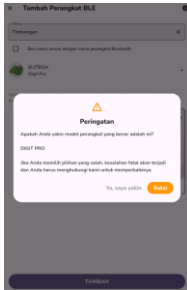
4. Look at the code on the back of the scale (in the form of a MAC Number). Select the same code as the one printed on the bottom of the unit.



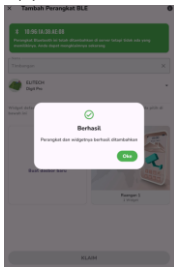
5. Give a "Name" to the widget/device as desired and select the "Digit Pro ELITECH" model.



6. Click “Add” and select “Yes, I'm sure”.



7. If the unit has been successfully connected, a “Successful” notification will appear.

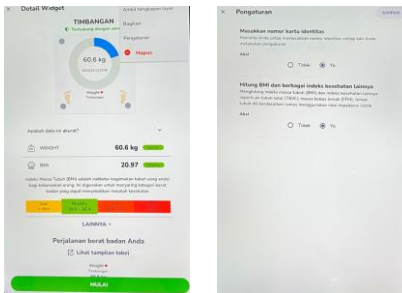


#### 4.4 BMI Measurements

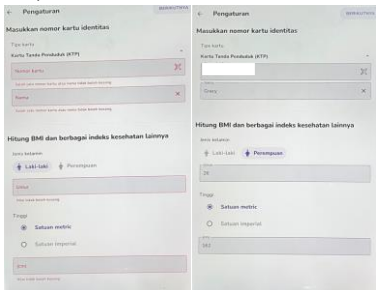
1. Select the “Dashboard” that has been created



2. Click the three dots on the widget display, then select "Settings" then enter (Identity Card and Gender, Age, and Height)



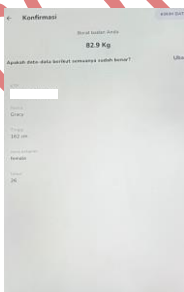
3. Select "Start" to take measurements, fill in your personal data according to the requested data.



4. Take measurements by stepping onto the scale, wait until the measurement results are read.



5. If the data is correct, then select "Send Data"



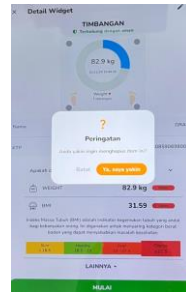
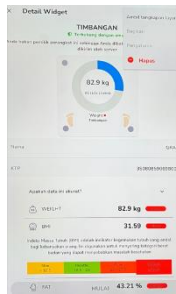
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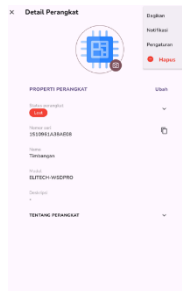
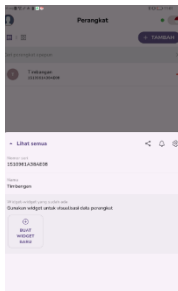
## Delete “Widgets”

- 9



Delete "Device"

2. Select "Device", you want to delete, select "See all" and select "Three dots" in the upper right corner, then select "Remove".



## 5. Body Fat, Water, Muscle, Bone, and Calorie Standards

### Body composition

#### Body mass index (BMI)

BMI is the relationship between weight and height. The results of BMI analysis correlate with the risk of weight to health. If the BMI is between 18.5 and 24.9, it means that weight does not statistically affect health and is considered normal. Any deviation, above or below the BMI interval should be considered a health risk. In this case, it is advisable to consult a doctor.

Parameter BMI (mengacu pada WHO)				
BMI	Berat Kurang	Normal	Berat Berlebih	Obesitas
	<18.5	18.5 ~ 24.9	25 ~ 29.9	>30

#### Body fat

The body fat percentage shown in the table below represents the total fat calculated by adding essential fat and storage fat. Essential fat is needed for various body functions. The body fat percentage varies based on the age and gender of the individual as shown in the table below. If the percentage indicated by the results does not fall within the values indicated as "normal" in the table, we recommend consulting your doctor.

TABEL BODYFAT						
Jenis kelamin	Umur	Terlalu kurus	Kurus	Normal	Gemuk	Terlalu gemuk
Perempuan	18 ~ 30	< 16.0 %	16.1 ~ 20.5 %	20.6 ~ 25.0 %	25.1 ~ 30.5%	> 30.6 %
	30 ~ 80	< 20.0 %	20.1 ~ 25.0 %	25.1 ~ 30.0 %	30.1 ~ 35.0%	> 35.1 %
Laki- Laki	18 ~ 30	< 11.0 %	11.1 ~ 15.5 %	15.6 ~ 20.0 %	20.1 ~ 24.5%	> 24.6 %
	30 ~ 80	< 15.0 %	15.1 ~ 19.5 %	19.6 ~ 24.0 %	24.1 ~ 28.5%	> 28.6 %

#### Water content

The percentage of water in the body varies by gender: in healthy adult women it ranges from 45% to 60% while in men it ranges from 50% to 65%. The percentage of water is greater in childhood and decreases with age. Weight variations can occur over short periods of time (hours), medium periods of time (days) or long periods of time (weeks). Small variations in weight over a few hours are normal because water retention (which includes interstitial fluid, plasma, lymph and transcellular fluid) is the only part that is capable of changing very quickly. When weight loss occurs over only a few days, it is most likely part of the total water.

#### Muscle Mass

There are three types of muscle: smooth muscle, skeletal muscle, and cardiac muscle. Smooth muscle is made of fine fibers. Smooth muscle is found in the walls of the digestive tract, respiratory tract, and genital tract, and in the walls of veins and arteries. Human skeletal muscle is found in the skeletal and facial muscles. Cardiac muscle is found in the heart. Muscle mass measures the % of skeletal muscle and smooth muscle tissue in the body. On average, 40% of body mass is made up of skeletal muscle. Men tend to have more prominent muscles than women, and the percentage can increase in those who exercise regularly. The percentage of muscle begins to decrease with age.

**Basal metabolic rate**

Basal metabolic rate or BMR, is the minimum calories the human body needs to survive, to perform basic functions such as circulation, breathing, digestion, and maintaining body temperature. BMR is calculated for a person at rest, lying on their back, not eating for 12 hours, after at least 8 hours of sleep and with a constant body temperature of 20°C. Adult BMR varies from 1200 to 1800 kcal. BMR is calculated by several factors: age, gender, height, body composition, fever / stress, nutritional status and environmental temperature.

height, body composition, fever / stress, nutritional status and environmental temperature.

**6. Explanation of Symbols**



Type B



Class III equipment



Operating Instructions



View Manual



Warning



Serial number



Manufacturer



Items must not be thrown directly into the trash



Store in a cool place



Handle with care



Fragile glassware



Top instructions

Form 6-1

Body fat analysis (Unit: %)								
Age	Female				Male			
	Underfat	Healthy	Overfat	Obese	Underfat	Healthy	Overfat	Obese
10-39	<21	21-33	33-39	>39	<8	8-20	20-25	>25
40-59	<23	23-34	34-40	>40	<11	11-22	22-28	>28
60-80	<24	24-36	36-42	>42	<13	13-25	25-30	>30

Form 6-2

Body water analysis (Unit: %)						
Age	Female			Male		
	Underfat	Healthy	Overfat	Underfat	Healthy	Overfat
10-15	<57	57-67	>67	<58	58-72	>72
16-30	<47	47-57	>57	<53	53-67	>67
31-60	<42	42-52	>52	<47	47-61	>61
61-80	<37	37-47	>42	<42	42-56	>56

Form 6-3

BMI parameter (WHO)				
	Under weight	normal	Over weight	obese
BMI	<18.5	18.5~25	25~30	>30

Form 6-4

Body muscle analysis (Unit: %)		
Gender	Female	Male
Normal	>34%	>40%

Form 6-5

Body bone analysis (Unit: Kg)						
Gender	Female			Male		
Weight	<45Kg	45-60Kg	>60Kg	<60Kg	60-75Kg	>75Kg
Bone	1.8Kg	2.2Kg	2.5Kg	2.5Kg	2.9Kg	3.2Kg

Form 6-6

Calorie analysis (Unit: KJ)					
	Age	<17	18~29	30~50	>50
	Weight				
Male	<50Kg	1350	1200	1115	1075
	50~65Kg	1485	1320	1227	1183
	65~80Kg	1890	1680	1561	1505
	80~95Kg	2295	2040	1896	1828
	>95Kg	2700	2400	2230	2150
Female	<50Kg	1265	1180	1085	1035
	50~65Kg	1392	1298	1194	1139
	65~80Kg	1771	1652	1519	1449
	80~95Kg	2151	2006	1845	1760
	>95Kg	2530	2360	2170	2070



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DIGITAL SCALE BMI + BODY FAT  
DIGIT-PRO BMI + BODY FAT  
(BLUETOOTH + APLIKASI)

MANUAL BOOK

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